



ITP TREATMENT

Conversation Card

a shared decision-making resource



You are at the **center of your ITP care**. This shared decision-making tool empowers you and your healthcare team to make **treatment decisions together** by helping you understand your options and **make decisions with confidence**.

My preferences when making treatment decisions: (circle YES or NO)

YES NO It is important for me to understand my treatment plan.

YES NO I like to be actively involved in choosing my treatment plan.

YES NO I want my healthcare provider to explain all available treatment options before making a decision.

YES NO I want my healthcare provider to discuss both benefits and possible side effects of each option.

YES NO I would like written information or resources to review after appointments.

YES NO I prefer to have time to think about treatment decisions before deciding.

YES NO I want my symptoms and daily quality of life considered as much as my platelet count.

YES NO I like having a family member, caregiver, or support person involved in treatment discussions.

YES NO I want treatment decisions to reflect my personal goals, lifestyle, and priorities.

PAST HISTORY

What ITP treatments have I previously received?

- ☐ Steroids
- ☐ IVIG
- ☐ Rituximab
- ☐ TPO-RA
- ☐ Fostamatinib
- ☐ Riltabrutinib
- ☐ Other Medications
- ☐ Splenectomy
- ☐ Watchful Waiting
- ☐ Other:

What was my experience with previous treatments?

- ☐ Worked well
- ☐ Did not work well enough
- ☐ Side effects
- ☐ Frequent appointments
- ☐ Frequent blood tests
- ☐ Symptoms continued to affect my daily life
- ☐ Cost or insurance issues
- ☐ Other:

PATIENT GOALS

My patient preferences for treatment (*select top 3 goals*):

- ☐ Have more energy and less fatigue
- ☐ Reduce bleeding and bruising symptoms
- ☐ Maintain stable platelet counts
- ☐ Have fewer treatment side effects
- ☐ Avoid or reduce the risk of complications from ITP or its treatment
- ☐ Reduce the number of blood tests or monitoring visits
- ☐ Spend less time receiving treatment (infusions, appointments, etc.)
- ☐ Maintain my ability to work, travel, or participate in daily activities
- ☐ Reduce stress or worry about my ITP
- ☐ Work toward reducing or stopping treatment if appropriate
- ☐ Other:

TREATMENT OPTION DISCUSSION

What platelet count or other treatment goal are we aiming for, and why?

What are the potential benefits, risks, and side effects of each treatment option for me?

How might this treatment affect my fatigue and energy level?

How are the treatments administered and at what frequency?

How will we know if this treatment is working for me?

What will this treatment cost, and are there any patient assistance programs to help me with treatment cost?

TREATMENT OPTION DISCUSSION

What is our plan if this treatment doesn't work or stops working?

What are my future treatment options?

Are there clinical trials that may be appropriate for me?

How soon do I need to decide? What are our follow-up steps?

How do I know if or when urgent medical care may be needed?

PDSA does not endorse specific treatments or provide medical advice. This tool is intended to support, not replace, discussions with your healthcare provider about your treatment options.

Platelet Disorder Support Association

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